
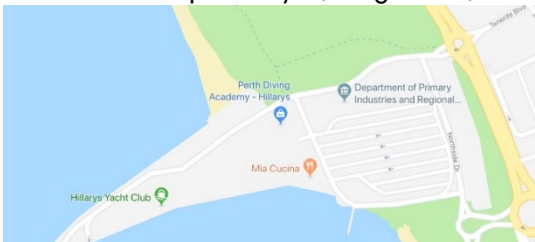


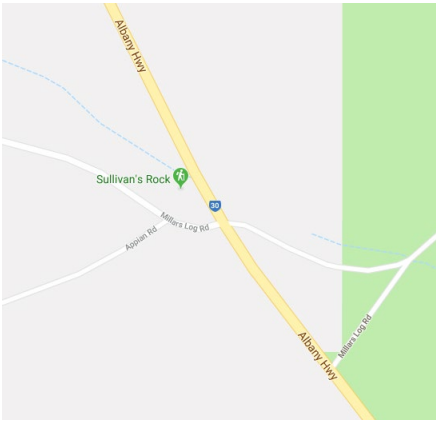



2020 Training Dates – Perth

- All sessions will begin early on Sunday mornings (approx 0800 hrs) and conclude by 1200 hrs.
- Some venues to be confirmed to allow flexibility in scheduling based upon client progress and new venue options becoming available.
- Other sessions may be scheduled depending on client requirements.
- Sessions will be walking/hiking based with a combination of stairs and hills.
- Ensure you bring sufficient water/snacks/sunscreen (walking poles for those who need them).

December 2019	
Sunday 8th	1) 0745hrs – Equipment Familiarisation Session 2) 0830 – Fitness Assessment (Jacobs Ladder/Kokoda Walk) Meet on path outside Frasers Restaurant
January 2020	
Sunday 19th	0800 hrs Eagle View Trail – John Forrest National Park, Park Road, Hovea. Meet at John Forrest Tavern. Followed by lunch at the Tavern afterwards. https://parks.dpaw.wa.gov.au/park/john-forrest
	
February 2020	
Sunday 2nd	0800 hrs Hillarys Boat Harbour – Meet outside the Perth Diving Academy, Northside Drive. Soft sand and pathways (bring shoes)
	

Sunday 16 th	0800 hrs Bickley Reservoir Walk https://trails.wa.com.au/trails/bickley-reservoir-walk
March 2020	
Sunday 8th	0800 hrs Meet at the end of Spring Rd, Kalamunda. (Rocky Pools Walk). 
Sunday 22nd	0800 hrs Kitty's Gorge Walk. Meet opposite Jarrahdale Cemetery, Atkins St, Jarrahdale. https://trails.wa.com.au/trails/kittys-gorge 
April 2020	
Sunday 5th	0800 hrs. Sullivan Rock, Jarrahdale State Forrest. The car park is located exactly 9.5km south of the Jarrahdale Rd turn off on the Albany Highway. As you head south, the car park will be on your RIGHT. https://www.google.com/maps/@-32.3774417,116.2505212,12.79z

	
May 2020	
Sunday 17 th	<p>0800 hrs Kitty's Gorge Walk. Meet opposite Jarrahdale Cemetery, Atkins St, Jarrahdale. Walking poles, pack, snacks, water. https://trails.wa.com.au/trails/kittys-gorge</p> 
June 2020	
TBA	
July 2020	
TBA	
August 2020	
TBA	
Sept 2020	
TBA	
Oct 2020	
TBA	